

Outpatient Liver Transplant Assessment

Information for patients



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The Scottish Liver Transplant Outpatient Assessment Unit

Your outpatient liver transplant assessment will take place in **Ward 215 Ambulatory Care** which is on the **2nd floor of the Royal Infirmary, Edinburgh**.

The ambulatory care beds are located in Ward 215 which is also the Renal and Transplant High Dependency Ward.

The entrance is found on the second floor corridor between wards 208 and 209.

Follow signs to Ward 215 visitor entrance and press the buzzer. Staff will let you in and show you to your bed space.



There are 4 bed spaces used in the ambulatory care area, and you will be looked after by a registered nurse.

The nurse will complete your nursing admission. They will check your observations including blood pressure and temperature, take blood tests and insert an intravenous cannula into your arm if you need one for any tests such as CT scan or endoscopy.

A light lunch will be provided for you, or you will be able to walk down to the shops/canteen if you wanted to buy some lunch.

Below is an example of one of the bedspaces in ambulatory care:



What happens during your transplant assessment?

Liver transplant assessment involves a series of tests and consultations to help us to determine:

- If a liver transplant operation is possible
- If a liver transplant is the best treatment option for you.

The purpose of liver transplant assessment is to:

- Help us assess the severity of your liver disease
- Ensure we have considered all other medical treatment options
- Assess your general health and fitness for transplantation
- Ensure there are no reasons why transplant could not be an option
- Provide you and your family with all the information you need about transplant.

During your transplant assessment you will be looked after by the team of the week which consists of a liver consultant (hepatologist), a transplant surgeon and a transplant anaesthetist.

You will meet a liver transplant coordinator when you arrive who will explain the process in more detail and answer any questions you may have.

You will also meet a dietician, physiotherapist and a social worker who are specialised in liver transplant and will each assess you individually. Some patients will be seen by a psychiatrist or smoking cessation specialists if appropriate.

You may also meet our transplant research nurses who will talk to you about research in transplant and discuss any clinical studies which could be relevant to you.

Investigations

During the assessment you will have a number of tests to help the team decide if a liver transplant is possible and if it is the best treatment option for you.

The tests include:

- A Computerised Tomography (CT) scan of your liver and your chest. These will give detailed images of the anatomy and the blood vessels around the liver, and allow us to identify any potential problems that may affect the surgery
- A Magnetic Resonance Imaging (MRI) scan may be carried out
- Blood tests to check: the function of your liver and kidneys, your blood count, for viruses including Hepatitis B & C, Cytomegalovirus (CMV) and Human Immunodeficiency Virus (HIV), tumour markers, blood group and antibodies
- An examination and medical history taken by one of our nurse practitioners or doctors
- Electrocardiogram (ECG) – a trace of the heart rate & rhythm
- Echocardiogram – a scan of your heart done at the bedside to determine the function of the heart and pick up any potential problems
- A cardiopulmonary exercise test (CPEX) to assess how well your heart and lungs work under pressure
- Pulmonary Function Tests (PFTs) – breathing tests to assess your lungs:



PFTs

- Endoscopy – you may also need an endoscopy, which is a camera test to look down into the gullet (oesophagus) and stomach to check for enlarged veins (varices).

What to bring

When you come into hospital for your outpatient assessment please bring:

- Any medications you are currently taking. If you have any other information or communications about your health including any letters or previous test results, please bring these with you.
- Comfortable clothes (separate tops and bottoms make it easier for the team to examine your tummy and maintain your dignity)
- Magazine, book or tablet
- Water bottle & snacks
- Mobile phone and charger
- Notebook and pen so that you can write down any information or questions.



More information

You will be given a lot of information during the assessment week.

A time will be arranged with you to meet the transplant coordinators. It would be useful for you to have a member of your family present for this to support you throughout these discussions and have the opportunity to ask any questions.

We will give you a booklet when you come in which will give more information about the journey through assessment to transplant and you will have opportunities to chat with the team and ask any questions you may have.

This booklet is also available on our website should you or your family wish to read it before you come into hospital:

Search: **NHS Lothian Policy Online Outpatient Liver Transplant Assessment** or scan below



<https://policyonline.nhslothian.scot/wp-content/uploads/2026/04/Outpatient-Liver-Transplant-Assessment-.pdf>

On the Friday afternoon, you and your family/carers will meet with some of the team to discuss the results of the assessment process, and to advise on whether liver transplant is a suitable treatment or not.

On the next page is an example of an outpatient assessment timetable which details the days and times of the tests and investigations. You will be given a copy of this when you arrive. The consultation slots will be filled in during your stay by members of the transplant team – hepatologists, surgeons, anaesthetists, transplant coordinators, dietician, social work, research nurse etc.

Outpatient Assessment Schedule – Example

Name	Session	Confirmed
Hepatologist		<input type="checkbox"/>
Surgeon		<input type="checkbox"/>
Anaesthetist		<input type="checkbox"/>
Co-ordinator	Welcome, Stage 1&2	<input type="checkbox"/>
Psychiatrist		<input type="checkbox"/>
Dietician		<input type="checkbox"/>
Social worker		<input type="checkbox"/>
Research nurse		<input type="checkbox"/>

	Time	Session	Allocated	Sign
Tuesday	09:00-09:30	Welcome/Induction	Ward 215 Second floor – Ambulatory care. Tel 0131 242 2151	
	09:30-11:00	Clerking/bloods/ECG	Wd 215 Second Floor–with ANP (Advance Nurse Practitioner)	
	11:00-12:00	Stage 1 education	ward 215 Second floor- with Liver Transplant Co-ordinator	
	12:00-13:00	<i>Lunch</i>		
	13:00-13:30	Consultation		
	14:00-14:30	PFT's	OPD 3 Ground Floor	
	14:30-16:00	CPEX slots	OPD 3 Ground Floor	
	16:00-17:00	Consultation		
	17:00-18:00	Consultation		
Wednesday	09:00-0945	CT Scanning Ground floor	A Venflon will be to be required to be inserted prior to your CT scan. A Porter will take you down for your scan.	
	10:00-11:00	Stage 2 education	Ward 215 Second floor with Transplant Coordinator	
	11:00-12:00	Consultation		
	12:00-1230	<i>Lunch</i>		
	13:00-13.:30	Echo	ODP 3 Ground Floor	
	14:00-15:00	Consultation		
	15:00-16:00			
	16:00-17:00	Consultation		
	17:00-18:00	Consultation		
Friday	1400	Ward 206 RIE Second floor	Assessment MDT meeting will take place.	
	15:30 -1800	Ward 206 RIE Second Floor	Assessment outcome will be discussed with you and your family/Carers-Expect to be called anytime after 15:30 and to be discharged around 1800	

